

After weeks of anticipation the Hawkshead JROS weekend was upon us! The race to the lakes was won by the Hedingham / Ramsey posse who used Hadrian's Wall as a catching feature, although one thought the journey might entail crossing the border to Scotland...

After arriving and finally sleeping we arose to find an enormous queue spilling out of the canteen, through the weekend this was the single problem. After finally obtaining a full English minus cutlery we embarked on our adventures out into the Lakes!

Hatherwaite Heights was the first destination; and for once getting lost could be deadly, as actually on the map there was an organised shoot. After Clive's skilled navigation to the start involving a steep climb up a re-entrant we proceeded to spend the remaining 3 hours improving our contour work with long legs and control pick maps, whilst the rain pounded down succeeding to drench everyone! This was the hilliest area of the whole weekend and the complex contours proved a difficult challenge to comprehend and then navigate around.

After a quick lunch and a complete change of clothes we completed another control pick exercise at Great Tower. This was a slightly less hilly area with greater run-ability but you still faced the contours and knolls and now crags!

Then as night fell the excitement grew, the pinnacle of the JROS weekend - the night sprint relay - with James stunning everyone, to the point we were stunned that he was that quick, he came in 2nd behind an adult team. Then I went out and unfortunately let the team down coming back in nearly double James' time, finally Josh had the impossible task of rectifying my damage! The other EAJS team (Tim, Callum, Lucy and Daisy) finished on the podium as a mixed team.

The training was concluded with a visit to Colonels Drive, an area previously used for the JK relay. This area was both technical and runnable which was appreciated as at Hatherwaite Heights and Great Tower the bracken was difficult to run through! That didn't mean Colonels Drive was flat as there was lots of complicated and steep re-entrants and spurs. After a follow the line and control pick courses we had a trains exercise, this was particularly useful as in the JIRC's I made a rookie mistake of following the wrong train!

We then departed on the long journey home knowing that school and work lay in wait. I would like to thank Clive, Sally and Simon for taking us to Hawkshead and allowing us to improve our contour skills which are very, very difficult to find in East Anglia, and also a big thank you to all the coaches who helped organise this amazing training weekend.

By John-Henry